

# Nalanda Bulletin

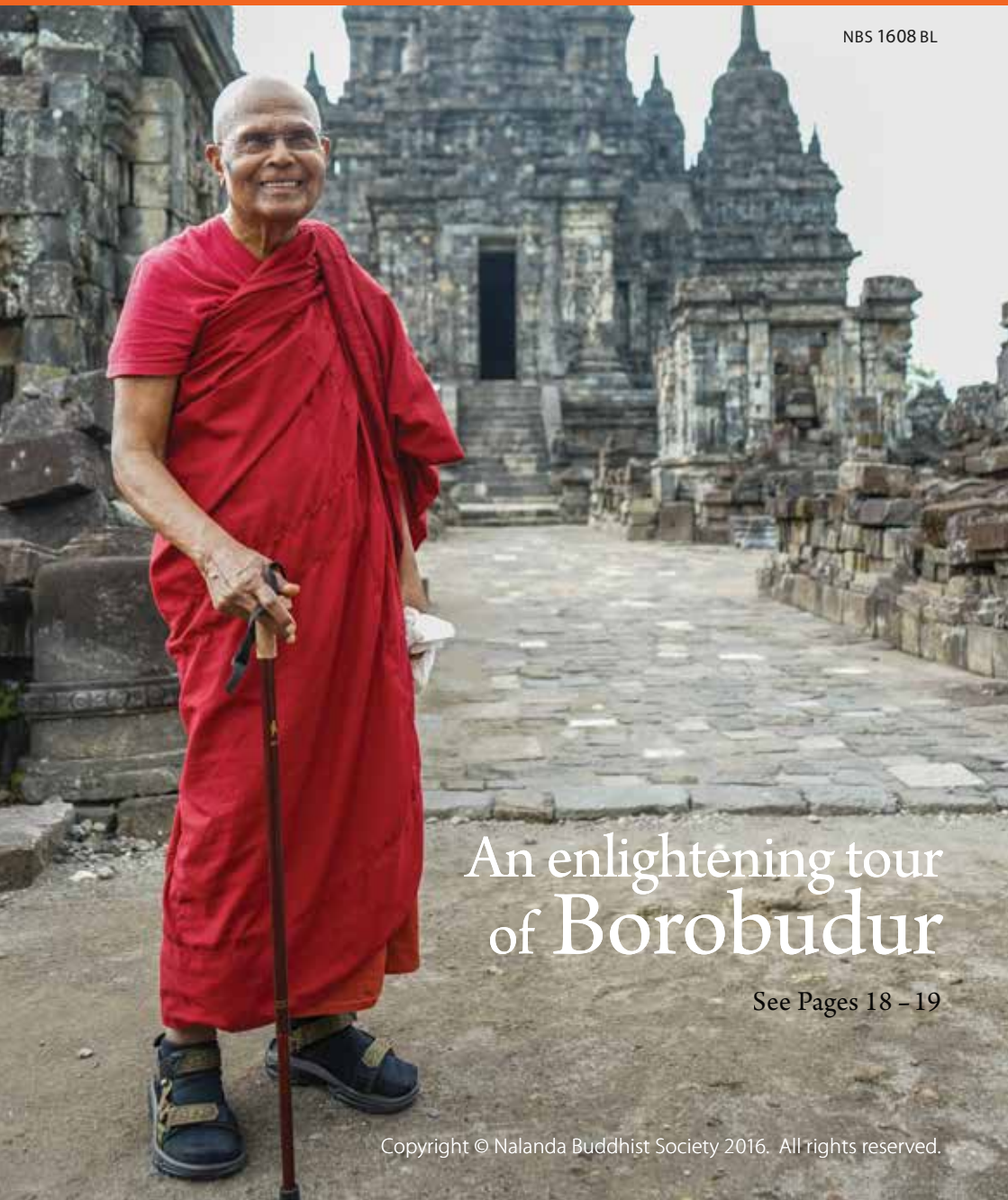
Published by **Nalanda Buddhist Society**

TM

Issue No. 32 | March 2016 | [www.nalanda.org.my](http://www.nalanda.org.my)

For Non-Muslims Only

NBS 1608 BL



An enlightening tour  
of Borobudur

See Pages 18 – 19

# Contents

Issue No. 32 | March 2016

Nalanda Bulletin is also available  
for on-line reading at [www.nalanda.org.my](http://www.nalanda.org.my)



## Filial piety marks end of Lunar New Year celebrations See Pages 24 – 25

1	Ven. Gunaratana in <i>Borobudur</i> , Indonesia	16 – 17	Training for Dhamma School facilitators
4	Nalanda Free School welcomes teachers and students	18 – 19	An enlightening tour of <i>Borobudur</i>
5	Visit to teachers' training institute	20 – 21	New Year 'Open House' at NEO Centre Sungai Petani
6 – 7	Youths attend meditation retreat	22	Bro. Tan's Dhamma talk in Indonesia
8	Induction course for parents	23	Volunteer inspired by ' <i>Pindacāra</i> '
9	Upbeat first Members' Day in 2016	24 – 25	Filial piety marks the end of Chinese New Year celebrations
10 – 11	Happy indeed is meeting with the wise	26 – 27	Sri Lankan Pāli and Sanskrit scholar monks visit Nalanda
12	Nalanda youths host IPG teacher trainees	28 – 30	News on 'Wisdom Park' – <i>Pledge today for a better tomorrow</i>
13	Local Sangha members visit Nalanda Centre	31	Upcoming events in March & April 2016
14 – 15	Dhamma School excursion to foster good friendship	32	Six Well-beings – <i>Physical health</i>   Nalanda Contacts





4 January

Nalanda Free School Principal Sis. Lee and Coordinator Sis. Nandini welcoming students to their first lesson.

## Nalanda Free School welcomes teachers and students

The new school term for Nalanda Free School (NFS) in Sri Serdang started on Monday, 4 January, while the Free School in Johor Bahru commenced on 11 January. We would like to extend a warm welcome to all teachers and students for 2016!

With dedicated and caring volunteer tutors and facilitators, we aim to provide quality teaching to help students in their academic learning. May the students supported by these free tuition classes put in their best efforts in studies. We wish them a happy and beneficial learning experience throughout the year at NFS!



It is regular practice for students at NFS to sit for meditation before class to calm their minds and achieve better focus.



Bright-eyed students listening attentively to their teacher in their new class.



8 January

IPG teacher trainees and the visiting Nalanda youths at their first meeting.

## Visit to teachers' training institute

On Friday 8 January, the Institut Pendidikan Guru (IPG) Kampus Ilmu Khas Buddhist Society invited representatives from Nalanda Youth Centre (NYC) to visit them. Nalanda youths were warmly welcomed by the teacher-adviser of IPG Buddhist Society, Bro. Johnny, and several trainee teachers. The purpose of this visit was to foster spiritual friendship and to forge closer ties between NYC and IPG Buddhist Society.

During their visit, Nalanda youths introduced NYC's regular activities through videos. Bro. Jie Sheng also explained Nalanda's Eight Core Values of *Compassion, Courage, Respect, Integrity, Service, Faith, Learning and Reflection* to the trainees.

The youths' visit was fruitful and IPG Buddhist Society reciprocated with their own visit to Nalanda Centre the following week. Some of IPG's trainees even went on a recent Putrajaya Botanical Garden excursion organised by Nalanda Dhamma School and the NYC.

We thank IPG Buddhist Society for hosting Nalanda youths with such goodwill. May our kindled Dhamma friendship continue to grow and blossom.



Bro. Johnny welcoming Nalanda youths to the IPG campus.



Bro. Jie Sheng presenting Nalanda publications to the Society's teacher-adviser Bro. Johnny.





9 January

*Group photograph of the teacher, participants, organisers, and volunteers.  
Sadhu and well-done everyone!*

## Youths attend meditation retreat

Nalanda Youth Centre began its 2016 calendar of events with a one-day meditation retreat on 9 January. 126 youths from Malaysia and overseas gathered for the retreat which was guided by Nalanda founder, Bro. Tan. Participants benefited from the spiritually uplifting programme, and agreed that it was a great way to start the New Year!

Nalanda Youth Centre would like to thank Bro. Tan for his invaluable guidance, as well as the participants for their active involvement. We are grateful to the organising team and volunteers for helping to make this retreat a success. We look forward to having another Dhamma retreat soon. Sadhu anumodana!



*Participants doing walking meditation.*



*Youths take time to get to know each other better.*



*Bro. Tan conducting the one-day D.I.Y. meditation retreat at Nalanda Centre.*





10 January

Bro. Aggaphala (standing, right) conducting the first session of the Induction Programme.

## Induction course for parents

On Sunday 10 January, parents of newly-enrolled Dhamma School students and new-comers to Nalanda Centre were invited to attend the first session of 'Svagatam' Induction Programme (SIP). The six-session course aims to introduce Buddhist values, culture and etiquette to its participants. It also aims to provide essential knowledge on how to live in accordance with Dhamma.

The first session conducted by Bro. Aggaphala Yap focused on Nalanda's Eight Core Values of *Compassion, Courage, Respect, Integrity, Service, Faith, Learning and Reflection*. Bro. Yap also spoke about the purpose and benefits of frequenting Buddhist centres.

Devotees and parents felt glad to take part in this interesting and interactive programme. We thank Bro. Aggaphala for conducting the informative first session of SIP, and all participants for attending the course. Sadhu anumodana!



Participants of the 'Svagatam' Induction Programme enjoying their first session.



Lots of sharing and laughter during the group discussion.



10 January

Honorary Secretary Bro. Pee welcoming Nalandians to the first Members' Day in 2016.

## Upbeat first Members' Day in 2016

The first Nalanda Members' Day meeting for 2016 was held on Sunday, 10 January. It was an energetic event as the members were still in high spirits after a successful 4th Members' Convention in Kedah a month ago.

After the usual round of reports on the Society's happenings, Bro. Tan updated members on the progress of Wisdom Park. This was followed by a short video presentation of the recent Members' Convention in Sungai Petani, and a simple ceremony to acknowledge the contributions of some exemplary Nalandians who had done the Society proud by their selfless service and dedication.

Nalandians are looking forward to another progressive year in 2016, with the implementation of the "Dhamma Family" system and the reconstruction of Nalanda House in Sri Serdang. We wish all members, benefactors, supporters and volunteers the best of health, joy and success. Sadhu!



Bro. Tan updating Nalanda members on the progress of Wisdom Park project.



'Exemplary Nalandian' Sis. May receiving a token of appreciation from Bro. Tan on behalf of all members.





12 January

*Ven. Gunaratana visiting the Sri Lanka Buddhist Temple in Sentul, KL. Accompanying him were Ven. Mangala (left) and Bro Tan.*

## Happy indeed is meeting with the wise

While sojourning at Nalanda Centre in January, Venerable Sri Pandita Henepola Gunaratana took the opportunity to visit the Buddhist Māha Vihāra in Brickfields, and the Sri Lanka Buddhist Temple in Sentul, Kuala Lumpur. Accompanying him were Ven. Mangala, Bro. Tan and a few Nalandians.

Besides the visits, several other venerables also

came to pay their respects to Ven. Gunaratana at Nalanda Centre. Meeting with fellow monks and talking about the Dhamma gave Ven. Gunaratana immense joy and satisfaction.

We would like to thank all the venerables for their gracious visits and kind hospitality shown to Ven. Gunaratana while he was here in Malaysia.



*Bro. Tan briefing Ven. Gunaratana on the proposed extension to the main building of Buddhist Māha Vihāra.*



*Visiting the Buddhist Māha Vihāra in Brickfields and paying respects at the memorial stupa of its late abbot – Ven. Dr. K. Sri Dhammananda, who was a contemporary and benefactor of Ven. Gunaratana.*



*Meeting the current abbot of Buddhist Māha Vihāra, Ven. K. Dhammaratana.*



*Bro. Tan sharing the history of Buddhist Māha Vihāra with Nalandian youths.*





15 January

*IPG Buddhist Society members and their Nalandian hosts.*

## Nalanda youths host IPG trainees

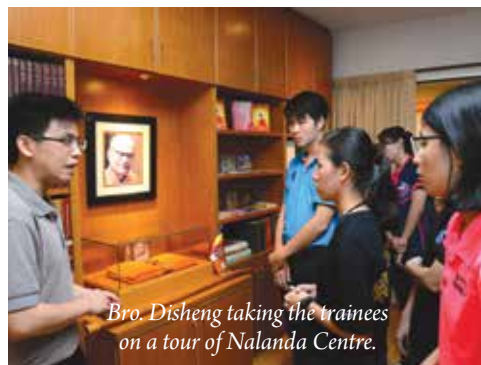
On Friday 15 January, seven teacher trainees from the Institut Pendidikan Guru (IPG) Kampus Ilmu Khas Buddhist Society visited Nalanda Centre on a familiarisation tour. The trainees were accompanied by IPG Buddhist Society's teacher-adviser Bro. Johnny Tan, and lecturer Bro. K. J. Teo. They were hosted by Nalanda youths who received their guests warmly and made them feel most welcome.

The trainees were taken on a tour of Nalanda Centre and the Youth Centre. The lecturers and trainees also took part in a chanting session, with Dhamma School Director Sis. Sunanda giving a sharing on the 'Miracle of Education'.

The visit was very fruitful as it strengthened the bond between the two societies. We thank our guests from IPG Buddhist Society for their visit and look forward to seeing them again soon!



*Sis. Sunanda giving a Dhamma sharing on the 'Miracle of Education'.*



*Bro. Disheng taking the trainees on a tour of Nalanda Centre.*



22 January

*The visiting venerables with Nalandians at the library.*

## Local Sangha members visit Nalanda

On Friday 22 January, members of the local Sangha Ven. Zhen Che (振澈法师), Ven. Pu Hui (普辉法师), Ven. Pu Ye (普悦法师) and Ven. Shi Di (实谛法师) came to Nalanda for a visit. They were warmly greeted by the Director of Nalanda Centre Sis. Nandini, who led them on a tour of the building.

The venerables later met with Nalanda founder Bro. Tan and they exchanged views on the development of Buddhism and Buddhist education in Malaysia.

The venerables were impressed by the range and standard of Buddhist educational programmes offered at Nalanda. We thank the venerables for their kind visit and offer them our best wishes. Sadhu!



*The venerables exchanging views with Bro. Tan on the development of Buddhist education in the country.*



*Sis. Nandini giving the venerables a tour of Nalanda Centre and the library.*





24 January

*Team leaders leading their blindfolded members to cross obstacles.*



*Students bonding well on the excursion.*

## Excursion to foster good friendship

On Sunday 24 January, 180 students of Nalanda Dhamma School and members of Nalanda Youth Centre went on an enjoyable outing at Putrajaya's Botanical Gardens. The students spent a glorious day in the open learning the meaning of *kalyāna-mittatā* (spiritual friendship) through healthy and dynamic outdoor activities.

**T**hey were grouped into teams with names such as “Generosity”, “Caring”, “Forgiving”, “Trustworthy”, and “Sincerity” to help them remember the qualities of a ‘true friend’. Judging from the peals of laughter and beaming smiles, the students and youths really gelled during the fun activities designed to encourage team work, mutual respect and thoughtfulness.

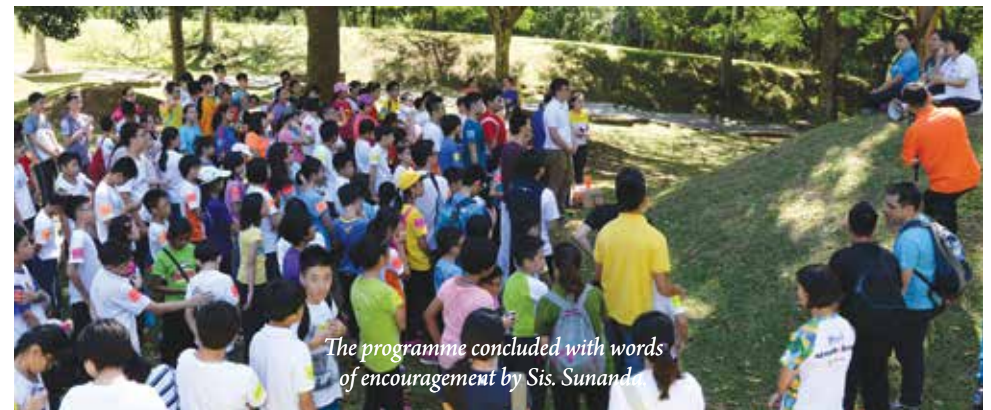
**M**any thanks to the organisers and facilitators who took such good care of everyone, besides ensuring effective learning and bonding. Sadhu anumodana.



*Collecting recyclables and ensuring that no litter was left behind after the event. This is part of Nalanda's environmentally-friendly philosophy and culture.*



*Dhamma School students having an enjoyable time at the Botanical Gardens in Putrajaya.*



*The programme concluded with words of encouragement by Sis. Sunanda.*



# Training for Dhamma School facilitators

On Saturday 30 January, Sis Sunanda Ong and Sis. Nandini Tan conducted a special training session for facilitators of Nalanda Dhamma School. In the first part of the training, Dhamma School Director Sis. Sunanda introduced the School programmes for the first semester of 2016 to the facilitators; she also explained that the School's current focus would be on building good friendship, inculcating Buddhist culture, and achieving family well-being.

In the second half of the training session, Nalanda Centre Director Sis. Nandini shared about ways to organise learning programmes more effectively. She also shared on how to optimally use the resources and facilities at Nalanda to run educational activities.

The participants learned a lot from the training session as it gave them a better understanding of their roles and responsibilities as Dhamma School facilitators. We thank Sis. Sunanda and Sis. Nandini for conducting this informative training. Sadhu anumodana!



30 January

*Dhamma School facilitators and youths had a fruitful time attending the training session.*

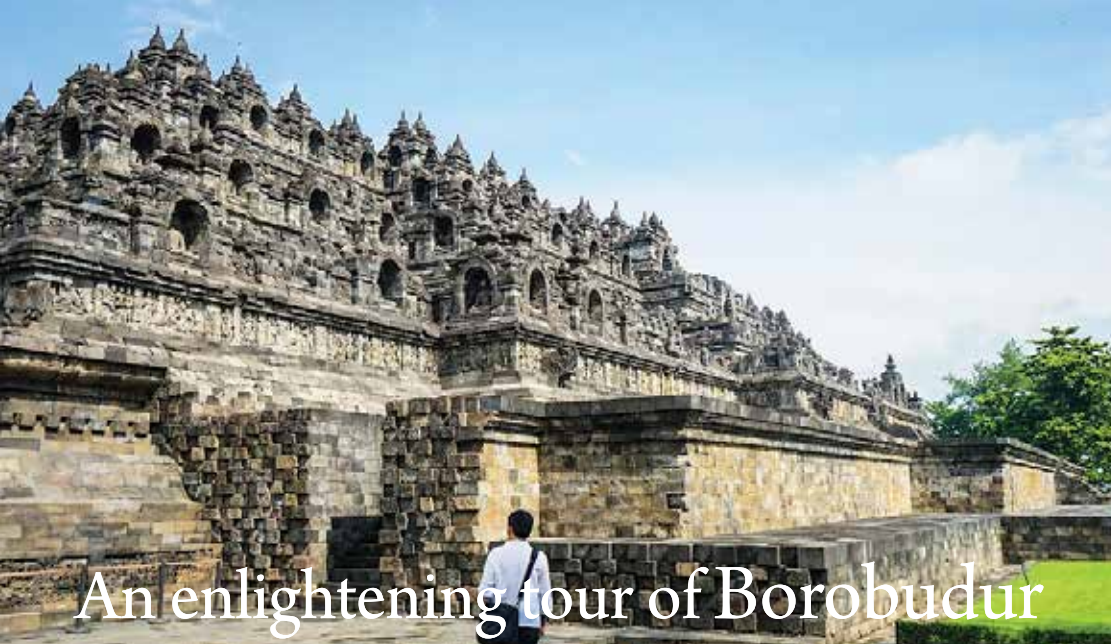


*Sis. Nandini explaining how to plan effective learning programmes.*



*Facilitators under training to prepare for Dhamma School's first semester.*





## An enlightening tour of Borobudur

For four days in early February, Venerable Sri Pandita Henepola Gunaratana and Venerable Mangala were invited on a tour of *Borobudur* and other Buddhist monuments nearby. The tour was organised by members of Buddhist Fellowship Singapore, and led by Nalanda founder, Bro Tan. Under his knowledgeable and masterly narration, those ancient stone monuments in Central Java seemed to have come back to life, and one can almost ‘see and feel’ their grandeur in their prime!

*Candi Borobudur* is the single largest Buddhist monument in the world. It was commissioned



Bro. Tan explaining the meaning of each relief carving at Candi Borobudur.

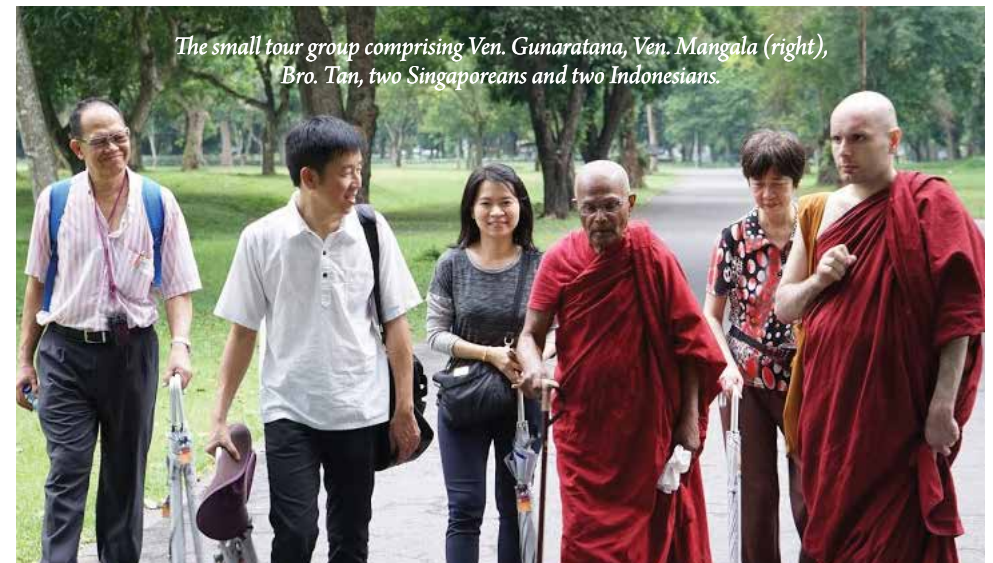
1 – 4 February

by the Maharaja of Srivijaya Empire, circa 760 CE. The empire covered Central and West Java, Sumatra, and much of the Malay archipelago at that time. The ruling Sailendra Dynasty was fervently Buddhist, and sponsored not just the construction of *Borobudur*, but many other religious sites such as nearby *Sewu*, *Kalasan*, *Plaosan*, and *Muara Jambi* in Sumatra.

The Srivijaya Empire was in close contact with other Buddhist kingdoms throughout Asia, such as the Pala Kingdom in India, Tang-Dynasty China, Sri Lanka, and Korea. The dominance of Srivijaya began to wane in the 11th Century, and it was gradually replaced by newer polities.



While in Borobudur, Ven. Gunaratana took the opportunity to visit Vihāra Mendut and met with several Indonesian monks there.



The small tour group comprising Ven. Gunaratana, Ven. Mangala (right), Bro. Tan, two Singaporeans and two Indonesians.





12 February

*Bro. Tan giving a Dhamma talk at the 'Open House' at NEO Centre Sungai Petani.*

## New Year 'Open House' in Kedah

On Friday 12 February, Nalanda Sungai Petani Branch organized an "Open House" for the public at NEO Centre Bandar Mutiara in conjunction with the Lunar New Year celebration. Members of the public began streaming in continuously when the Centre opened at 10am.

Visitors were warmly welcomed by Nalanda members and invited to participate in the morning service – with meditation, offerings, and Pāli chanting. The highlight of the "Open House" programme was a Dhamma talk by Nalanda founder Bro. Tan, who spoke about the spiritual way of celebrating New Year.

After the wonderful talk, first-time visitors were shown around NEO Centre, which was opened just 7 weeks prior to that. Many people were delighted to tour the beautiful facility with its functional space and cosy corners. Everyone then joined in a simple lunch prepared by Nalandians especially for the occasion.

Besides Bro. Tan, Deputy President Bro. Charlie, Board Member Sis. Santi, Pustaka Nalanda Director Bro. Ananda and his family, and several other members from Serdang were also present to support the inaugural Nalanda Sungai Petani "Open House". Sadhu anumodana!



*Branch Chairman Bro. Khaw (standing, left) engaging with first-time visitors to the Centre.*





14 February

A group of young volunteers having their photograph with Bro. Tan after his Dhamma talk.

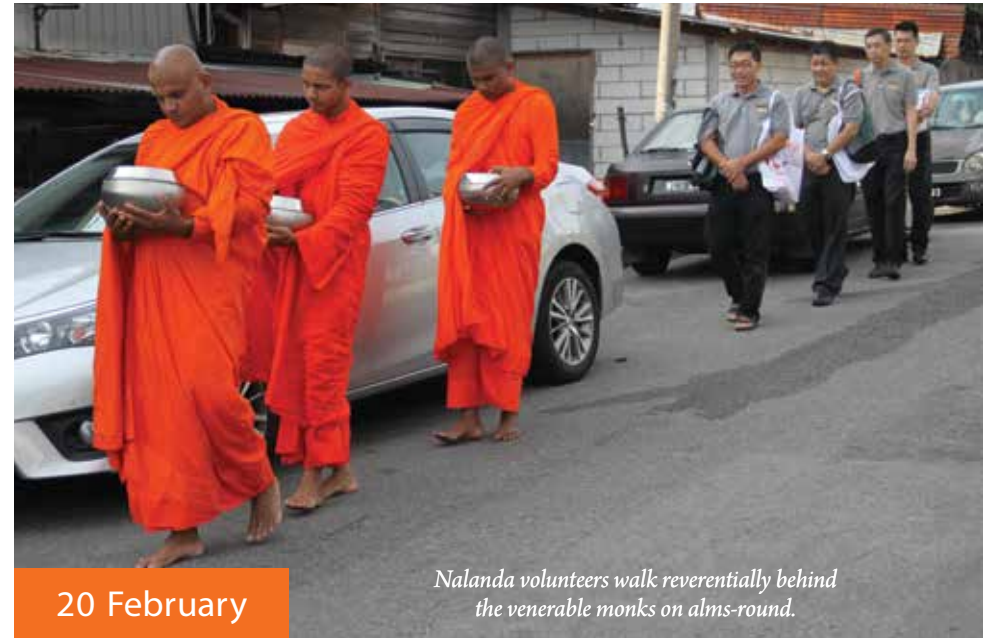
## Bro. Tan's Dhamma talk in Indonesia

On Sunday 14 February, Bro. Tan gave a Dhamma talk at Vihāra Sanghamitta in Karawang, about 70km east of Jakarta. He was there as a guest speaker at the invitation of its Abbess, Venerable Bhikkhunī Ayya Santinī. The talk was attended by 200 devotees, and was held in honour of Venerable Ayya Silavatī's 63rd birthday.

Bro. Tan spoke about "*Paticca-Samuppada*" – the natural law of dependent arising. The Buddha had told His disciples that 'he who sees "*Paticca-Samuppada*", sees the Dhamma'. Hence, that pivotal teaching is often regarded as the 'essence of the doctrine'. One's success in gaining liberation therefore rests upon realising this sublime Dhamma. Sadhu!



Bro. Tan with Ayya Santinī (behind, left), Ayya Silavatī (right), and organisers of the Dhamma talk.



20 February

Nalanda volunteers walk reverentially behind the venerable monks on alms-round.

## Volunteer inspired by 'Pindacāra'

On Saturday 20 February, three venerable monks from Sentul Sri Lanka Buddhist Temple went on *Pindacāra* (alms-round) at Seri Kembangan morning market. Nalanda volunteers arrived early to prepare for the event and set up an information counter there. Their activity aroused much interest among the passers-by who wanted to know more about the significance of *Pindacāra*.

First-time volunteer Sis. Siew Lian was impressed by the energy and enthusiasm of the volunteers, who remained high-spirited throughout the event. She was thankful to Nalanda and the venerable monks for undertaking the *Pindacāra* programme to enable devotees to practise generosity, which is an important quality the Buddha encouraged for our spiritual development.

Nalanda organises two alms-rounds monthly – once on the first Saturday of the month in

Sri Petaling - Happy Garden - Kuchai Lama area, and once on the third Saturday in Seri Kembangan. The *Pindacāra* programme is meant to educate the community on the proper way to support the Sangha; and it also affords the public an opportunity to cultivate generosity. May the merits accrued bring happiness to all beings! Sadhu anumodana.



First-time volunteer Sis. Siew Lian (right) joining Sis. May (centre) in explaining the meaning and significance of 'Pindacāra' to market-goers.





21 February

Bro. Tan urged the community to learn about ancient wisdom and wholesome values.

## Act of filial piety marks CNY end

The recently-held “Chap Goh Meh” celebrations at Nalanda Centre received several mentions in the local press. Malaysia’s leading Chinese daily *Sin Chew Jit Poh* (星洲日报) reported the event in its Metro Edition on Wednesday, 24 February. On 22 February, the leading English daily *The Star* had covered the same activity.

The focus of these two press reports was the meaningful way in which “Chap Goh Meh” was observed by Nalandians. Instead of indulging in frivolous material things such as food and entertainment, Nalanda Dhamma School had organised a traditional ‘tea-offering’ ceremony for children and grandchildren to pay respect to their elders in the family.

Junior members of the family expressed their appreciation and gratitude in earnest to their elders. In return, the elders gave their blessings and good wishes for the success of their children and grandchildren. Heart-warming scenes of family togetherness, love and harmony played out throughout the ceremony, and not few people present were moved to tears.

In his talk before the ceremony, Nalanda founder Bro. Tan warned of the dangers of the increasingly materialistic lifestyle of Malaysian Chinese community, where traditional occasions are celebrated with meaningless and immoderate sensual indulgence. He urged the community to learn about ancient wisdom, where tradition



Youths serving tea to teachers to thank them for their blessings and support.



Children respectfully bow to their parents in the tea ceremony.



A young boy feeding his parents ‘tang yuan’ as a gesture of appreciation and gratitude.



Heart-warming scenes of family togetherness, love and harmony.



A ‘fun quiz’ to strengthen family bonding



A happy mother and her children beaming with joy.

was guided by wholesome values.

Bro. Tan also said that a purely materialistic way of life is ultimately unsatisfying and ‘empty’. A more satisfying way of living is by balancing material pursuits with spiritual growth – leading to a balanced personality who lives wisely, modestly, and moderately.

To read the *Sin Chew Jit Poh* report, click <http://mykampung.sinchew.com.my/node/405537>

For the report in *The Star*, please visit <http://www.thestar.com.my/news/nation/2016/02/22/filial-piety-marks-cny-end-traditional-ceremony-teaches-children-true-meaning-of-celebration/>





22 February

*The visiting scholar monks with Bro. Tan and Nalanda youths.*

## Sri Lankan scholars visit Nalanda

On Monday 22 February, a group of scholarly Sangha members came for a familiarisation visit to Nalanda Centre. The monks were among the best throughout Sri Lanka in Pāli, Sanskrit and Sinhalese languages, having excelled in national Buddhist exams and obtained the first three places in those subjects.

Nalanda founder Bro. Tan and Nalandians warmly welcomed the guests and showed them around the Centre. The venerable monks were keen to learn more about Nalanda's educational programmes and community projects. This led to a fruitful exchange of ideas between the Sangha members and Nalandians.

Bro. Tan praised the venerable monks for inspiring the community with their vast learning and strict discipline. He mentioned that the standard of Buddhist scholarship has declined over the decades as fewer monks bother to take up long years of serious studies. Still, it is important that enough monks master the Pāli and Sanskrit languages as well as scriptures to preserve the proper understanding of Buddhism.

In addition, Bro. Tan said that mastering English and other modern languages is vital for monks to spread the teachings beyond Sri Lanka. He thank our guests for their kind visit, and wish them all the best in their future endeavours. Sadhu.



*The venerable monks offering blessings in the Shrine Hall.*





18 February

Bro. Tan chairing the 6th meeting of WPDC at Nalanda Centre.

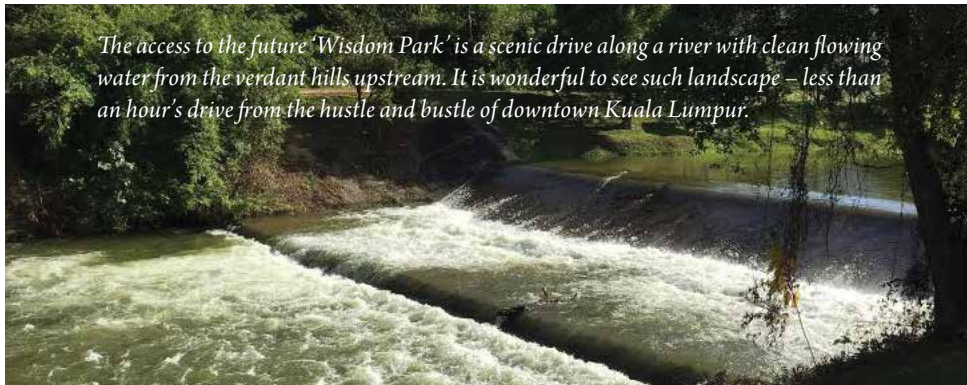
## Wisdom Park Committee Meeting

The Wisdom Park Development Committee (WPDC) held its 6th meeting on Thursday, 18 February to continue discussions on building the educational facility. The Committee is looking into the optimal use of land while maintaining a sense of spaciousness in the park.

Wisdom Park will be developed along the principle of nature conservation. Native forest trees will be planted to create micro-

biospheres that are cooling and attractive to birdlife. Members of WPDC and Nalanda officers routinely visit the site to conduct surveys and to ensure its cleanliness.

The WPDC is entrusted to prepare a 'Master Plan' for the long-term development of Wisdom Park, as well as to get the site ready for construction. The first phase of physical development covering six acres is scheduled to begin in 2018, and completed by 2020.



*The access to the future 'Wisdom Park' is a scenic drive along a river with clean flowing water from the verdant hills upstream. It is wonderful to see such landscape – less than an hour's drive from the hustle and bustle of downtown Kuala Lumpur.*



*A truly welcoming sight as one approaches 'Wisdom Park' – with its lush green surroundings having a soothing effect on our bodies and minds.*



*Mature fruit trees are found on the slopes of 'Wisdom Park', providing both shade and natural attraction to visitors.*



# Wisdom Park 智慧园

Building an integrated holistic education facility for the community. 综合教育园林

## Act now for a brighter future!

Nalanda Buddhist Society is currently developing 'Wisdom Park', an integrated educational facility located in Kuala Kubu Bharu, Selangor. The spacious, 26-acre educational hub will be well equipped to provide excellent training programmes aimed at transmitting Buddhist knowledge, skills, values and culture for all to benefit.

We humbly invite you to participate and share in this noble mission to provide holistic Buddhist education which will enable countless people to experience joy and inner peace through the learning of Dhamma. Be part of this worthy cause by donating towards the land purchase at RM2.50 per square foot.

We thank you for your kind support in creating a better and brighter future for the community.

Donations of any amount may be banked into Maybank account 5121-4702-3622 in benefit of "Nalanda Buddhist Society".

Let us build 'Wisdom Park' together!

## 今日的奉献一成就明日的美好!

Nalanda 佛教会目前正在雪兰莪新古毛开辟一所综合教育设施, 名为“智慧园”。这个占地 26 英亩的中心将开展各类训练计划, 以传播佛教知识、技能、价值观及文化为主要宗旨。

我们借此恳请您携手推动这项计划, 广传这项讯息, 以助我们一臂之力, 传播正法和全方位佛陀教育, 造福广大群众, 为众生带来喜乐。

本会感恩您慷慨解囊, 与我们携手打造美好的未来。您可以随喜捐献任何数目, 以线上汇款致 "Nalanda Buddhist Society", Maybank 户口号码: 5121-4702-3622

让我们一起来成就《智慧园》吧! 感恩万分。

# Upcoming Events

March – April 2016

## MAR



Dhamma Living Camp 2016

05	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Sri Petaling & Happy Garden	NEO Centre KL / Sri Petaling market / Happy Garden
	3rd Annual General Meeting of Nalanda Sungai Petani Branch	NEO Centre SP
	* BPS 201 – Buddhist Studies in Mandarin Intermediate Level, Session 1	Nalanda Centre
06	3rd Annual General Meeting of Nalanda Kuala Lumpur Branch	NEO Centre KL
	3rd Annual General Meeting of Nalanda Johor Bahru Branch	NEO Centre JB
12	* BPS 201 – Buddhist Studies in Mandarin Intermediate Level, Session 2	Nalanda Centre
13	13th Annual General Meeting of Nalanda Buddhist Society Malaysia	Nalanda Centre
18-20	* Dhamma-Living Camp 2016	Chin Swee Caves Temple, Genting Highlands
26	Career & Education Workshop	Nalanda Centre
	* BPS 201 – Buddhist Studies in Mandarin Intermediate Level, Session 3	Nalanda Centre
27	* BPS 033 – Buddhist Devotional Practice S1	Nalanda Centre

## APR



Buddhist Studies in Mandarin

02	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman OUG & Happy Garden	NEO Centre KL / Taman OUG market / Happy Garden
09	* BPS 201 – Buddhist Studies in Mandarin Intermediate Level, Session 4	Nalanda Centre
10	* BPS 033 – Buddhist Devotional Practice S2	Nalanda Centre
16	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
	* BPS 201 – Buddhist Studies in Mandarin Intermediate Level, Session 5	Nalanda Centre
17	* BPS 033 – Buddhist Devotional Practice S3	Nalanda Centre
23	* BPS 201 – Buddhist Studies in Mandarin Intermediate Level, Session 6	Nalanda Centre
24	* BPS 033 – Buddhist Devotional Practice S4	Nalanda Centre

\* Registration is required for these programmes.



# Physical Well-being

Physical well-being entails the ability to get through our daily activities with vigour. Our health has a significant impact on our behaviour. Adopting healthy habits such as having regular and appropriate exercises, and eating a balanced diet - while avoiding destructive habits that result in addiction, obsession and lethargy - will lead to optimal physical wellness.

Regular exercise reduces the risk of heart disease, cancer, high blood pressure, diabetes, slows down the 'aging' process, and improves our stamina. Our muscles become more firm and toned, which makes us feel better as well. It improves our flexibility and lessens the chances of injury, while improving our balance and coordination. Exercise is also a key component in weight control for many people.

While obesity from overeating is a threat to good health, so is eating too little, or feeding our bodies insufficient nutrition. A balanced diet is the fuel our bodies need to function properly; it keeps our immune system working. This in turn fights off infections and helps us to recover faster from illnesses.

Having timely, quality and adequate rest is also crucial to optimal health. We should not be too 'busy' all the time and strain ourselves too much, resulting in restlessness or lethargy.

'Like' our Facebook fanpage at [www.facebook.com/nalanda.org.my](http://www.facebook.com/nalanda.org.my) to connect with Nalanda for more *Dhamma-rich* news, views and articles!

## Nalanda Contacts Please visit our website for directions to Nalanda.

### Nalanda Buddhist Society Malaysia

Nalanda Centre, 3357, Jalan 18/31, Taman Sri Serdang, 43300 Seri Kembangan, Selangor.

Tel. No. +603-8938 1500 / 1501 / 1502

Website [www.nalanda.org.my](http://www.nalanda.org.my)

E-mail [info@nalanda.org.my](mailto:info@nalanda.org.my)

Facebook [www.facebook.com/nalanda.org.my](http://www.facebook.com/nalanda.org.my)

Nalanda Centre is open from Tuesdays to Sundays : 10am to 10pm, and on Mondays : 5pm to 10pm.

### Nalanda Education & Outreach (NEO) Centre, Kuala Lumpur

524 A, 1st Floor, Jalan Riang 12, Taman Gembira, 58200 Kuala Lumpur.

Tel. No. +603-7971 7151

E-mail [neo-kl@nalanda.org.my](mailto:neo-kl@nalanda.org.my)

NEO Centre KL is open every first Saturday of the month from 7.30am to 5.00pm,  
and every Sunday from 2pm to 4pm.

### Nalanda Education & Outreach (NEO) Centre, Johor Bahru

30, Jalan Dedap 26, Taman Johor Jaya, 81100 Johor Bahru, Johor.

Tel. No. +607-350 3870

E-mail [neo-jb@nalanda.org.my](mailto:neo-jb@nalanda.org.my)

NEO Centre JB is open on Sundays : 9am to 3pm, Mondays to Wednesdays : 7pm to 10pm,  
and on New-moon / Full-moon weekdays : 8pm to 10pm.

### Nalanda Education & Outreach (NEO) Centre, Sungai Petani

210, Jalan Bandar Mutiara 2/2, Bandar Mutiara, 08000 Sungai Petani, Kedah.

E-mail [neo-sp@nalanda.org.my](mailto:neo-sp@nalanda.org.my)

NEO Centre SP is open on Fridays : 7pm to 9pm, and on Saturdays : 9am to 12pm.